

OS - Palmer Trip

Clothing List

Item	Use/Type
Peaked ball cap/sun hat	To provide shade from sun
Toque	For warmth
Buff &/or bandana	For sun protection
Swim suit	We recommend students opt for durable, functional one-piece bathing suits or swim shorts/swim shirt sets.
2 Pairs of quick-dry shorts	Can be used as swim suits
2-3 T-shirts/tank top	One t-shirt must have sleeves for sun protection
Long pants (RAD- rapid-air dry)	NO jeans or jogging pants (not needed if you have wind pants to go over long underwear)
2 Long underwear tops & bottoms	Wool or polypropylene- No cotton (one set for on the water, one for in camp)
Long sleeve fleece or wool shirt	Must be large enough to fit over long underwear top. No cotton
Rain Jacket & Pants	Must be reliable & large enough to fit over layers
1 pair of "Trip" shoes (aka "Wet" shoes)	Must be sturdy, closed toed footwear that have good ankle support. These shoes will be worn during the day (when travelling/portaging); these will get wet (i.e. running shoes or hiking shoes/boots) Water shoes & sandals are not acceptable "trip" shoes
1 pair of "In-Camp" shoes (aka Dry" shoes)	These will be worn in & around camp. Breathable shoes or sandals with secure top & heel straps are acceptable. Absolutely NO flip-flops!
2 pairs of wool socks	No cotton.
2 pairs of underwear	Avoid cotton if possible.

Gear List

Item	Use/Type
PFD (Personal Flotation Device)	Canadian approved - proper fit with all buckles & straps in working order
Sleeping bag	Preferably smallish when packed
4' x 8' ground sheet	Tarp-like material or heavy duty plastic is best
Thermarest or insulate pad	Please try to avoid thermarests or pads that do not roll up into a small cylinder
Small dry bags	10L bags are great. 20L bags are satisfactory. 30L bags do not fit properly into our packs. Total of all bags (including your sleeping bag) should not exceed 30L
2 (1 Litre) water bottle(s) with Carabiners	A wide-mouth screw-top is best! Stainless steel, aluminum or plastic (BPA-free) Carabiners are important as your bottles must be able to clip to the canoes so they don't get lost
Cup, bowl, spoon	Sturdy Tupperware bowl with lid (i.e. "short" Nalgene containers with screw-top lid)
Pocket knife or multi-tool	No blades greater than 4" will be permitted. Must have a locking blade (no river knives).
Lighter &/or matches	Make sure they are in a waterproof bag (i.e. Ziploc)
2 Whistles	1 you wear & 1 attached to your PFD
Headlamp or flashlight	With extra batteries
Insect repellent	No aerosols
Toiletries	Toothpaste, toothbrush, dental floss, hand sanitizer (max 30ml), comb, toilet paper (small roll). Bring all items in a small bag with a pull string or in a Ziploc
Sun screen, lip block, sun glasses	Minimum SPF 15 / UVB/UVA (broad spectrum) sunglasses with UV protection
Nylon Cord	~3m in length & diameter of a shoelace. Used for making clothes line(s)
Tampons or pads (feminine)	Please bring even if you're not expecting your period on trip. Should include the appropriate disposal materials (aluminum foil squares, Ziploc bags and an air-tight container)
Camera, watch (with alarm), book, playing cards (optional)	A watch is very useful to have on trip! Camera's help us create slide shows ☺
Glasses &/or contacts	Bring extra pair of glasses/contacts in case of damage. Bring chums/strap to keep glasses on while on the water
Prescription Drugs	Please bring 2 sets of required medications. Students will keep 1 set & staff will keep other set safe in case 1 is lost or spoiled
Your OS Manual & writing utensil(s)	Make sure manual is kept in a waterproofed bag
Energy/Granola Bars/GORP	This is your snack for trip. This could be a reasonable quantity of GORP (~100g per day) or energy/granola bars (1-2 bars per day. Bars are better for palmer as they can be thrown in your PFD. Please ensure all GORP/bars are peanut and tree nut free.
Juice Crystals (optional)	A reasonable amount (no more than ~1L per day)

DO NOT BRING

Any alcohol, cigarettes or any other non-prescribed drugs - you will be sent home and/or evacuated from the course.

Any electronic devices such as cell phones, iPods, etc.

Any deodorant, antiperspirant, make-up, soap, shampoos, etc.